Stanford



Hui Qi Tong

Clinical Professor, Psychiatry and Behavioral Sciences - Medical Psychiatry

CLINICAL OFFICE (PRIMARY)

211 Quarry Rd

Palo Alto, CA 94304

Tel (650) 498-9111 **Fax** (650) 724-9900

Bio

BIO

Clinical Professor, Stanford Department of Psychiatry & Behavioral Sciences

Visiting scholar: Kyoto University Hospital, Kyoto University School of Medicine

Clinical Associate Professor, Stanford Department of Psychiatry & Behavioral Sciences

HS Clinical Assistant Professor, UCSF Department of Psychiatry & San Francisco VA Health Care

Staff Psychologist: Women's Mental Health Program, San Francisco VA Health Care System

Academic visitor: Oxford Mindfulness Center, Department of Psychiatry, Oxford University

Psychology Post-doctoral Fellowship: UCSF/San Francisco VA Health Care System

Psychology Pre-doctoral Internship: UCSF/San Francisco VA Health Care System

Psychology Education: Pacific Graduate School of Psychology, Palo Alto University (2008)

Clinical Research Associate: Department of Psychiatry, Tufts University School of Medicine

Research Fellow: Genetics Division, Department of Medicine, Boston Children's Hospital,Harvard Medical School

Medical Education: Fudan University, Shanghai Medical College, Shanghai, China (1994)

CLINICAL FOCUS

- Global Mental Health
- Women's Wellness and Mental Health
- Mindfulness-based Programs & Trauma Recovery
- Clinical Psychology

ACADEMIC APPOINTMENTS

- Clinical Professor, Psychiatry and Behavioral Sciences - Medical Psychiatry

ADMINISTRATIVE APPOINTMENTS

- Director, Mindfulness Program, Stanford Center for Integrative Medicine, (2019- present)

HONORS AND AWARDS

- Chairman's Award: Community Commitment and Engagement, Stanford Department of Psychiatry and Behavioral Sciences (2023)
- Leadership Development Award, Leadership Academy, Stanford Department of Psychiatry and Behavioral Sciences (2023)
- Faculty Professional and Leadership Development Award, Stanford Department of Psychiatry and Behavioral Sciences (2021)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- International Advisory Committee, Institute of Psychology, Chinese Academy of Sciences (2017 - present)
- International Advisory Committee, ACCESS MBCT (2017 - present)

PROFESSIONAL EDUCATION

- Certificate, Jon Kabat-Zinn Certified MBSR Trainer and Supervisor , Mindfulness-based Stress Reduction (2018)
- PhD, Pacific Graduate School of Psychology, Palo Alto University , Clinical Psychology (2008)
- Medical Education, Shanghai Medical College, Fudan University , Medicine (1994)

COMMUNITY AND INTERNATIONAL WORK

- Trainer & Supervisor

Research & Scholarship

RESEARCH INTERESTS

- Psychology

Teaching

COURSES

2026-27

- Science and History of Traditional Chinese Medicine: ASNAMST 272 (Win)
- Science and History of Traditional Chinese Medicine: PSYC 272 (Win)

Publications

PUBLICATIONS

- **Self-Guided Internet-Based Mindfulness-Informed Stress Management for Generalized Anxiety Disorder: Randomized Controlled Trial With Longitudinal Network Analysis.** *Journal of medical Internet research*
  Wang, Z., Tong, H. Q., Yue, J., Wu, S., Xia, Y., Zhang, H., Yang, Y.
  2026; 28: e91751
- **The Psychological Effect of Internet-Based Mindfulness-Based Stress Reduction on the Survivors of Breast Cancer During the COVID-19** *FRONTIERS IN PSYCHIATRY*
  Kang, C., Sun, S., Yang, Z., Fan, X., Yuan, J., Xu, L., Wei, Y., Tong, H., Yang, J.
  2021; 12: 738579
- **Meditation-based Interventions might be Helpful for Coping with the Coronavirus Disease 2019 (COVID-19)** *World Journal of Integrated traditional and western Medicine 2020, Vol.6, No.3*
  Jiang, Y., Yang, X., Tong, H., Fang, B., Li, B., Gong, Y., Ma, X., Zheng, J., Zhou, F., Yang, Z., Chen, X., Dong, C., Zhang, et al
  2020; 6 (3): 7
- **Patterns of posttraumatic stress disorder and posttraumatic growth among women after an earthquake: A latent profile analysis.** *Asian journal of psychiatry*
  Zhou, Y., Liang, Y., Tong, H., Liu, Z.

2019: 101834

- **Interpersonal psychotherapy versus treatment as usual for PTSD and depression among Sichuan earthquake survivors: a randomized clinical trial.** *Conflict and health*
  Jiang, R. F., Tong, H. Q., Delucchi, K. L., Neylan, T. C., Shi, Q., Meffert, S. M.
  2014; 8: 14

- **Intersection of suicidality and substance abuse among young Asian-American women: implications for developing interventions in young adulthood** *ADVANCES IN DUAL DIAGNOSIS*
  Hahm, H., Chang, S., Tong, H., Meneses, M., Yuzbasioglu, R., Hien, D.
  2014; 7 (2): 90–104

- **A randomized controlled trial of group cognitive behavioral therapy for Chinese breast cancer patients with major depression** *JOURNAL OF PSYCHOSOMATIC OBSTETRICS AND GYNECOLOGY*
  Qiu, J., Chen, W., Gao, X., Xu, Y., Tong, H., Yang, M., Xiao, Z., Yang, M.
  2013; 34 (2): 60–67

- **Protective factors for posttraumatic stress disorder symptoms in a prospective study of police officers** *PSYCHIATRY RESEARCH*
  Yuan, C., Wang, Z., Inslicht, S. S., McCaslin, S. E., Metzler, T. J., Henn-Haase, C., Apfel, B. A., Tong, H., Neylan, T. C., Fang, Y., Marmar, C. R.
  2011; 188 (1): 45–50

- **A prospective study of predictors of depression symptoms in police** *PSYCHIATRY RESEARCH*
  Wang, Z., Inslicht, S. S., Metzler, T. J., Henn-Haase, C., McCaslin, S. E., Tong, H., Neylan, T. C., Marmar, C. R.
  2010; 175 (3): 211–16

- **Ethnic Differences in Beliefs Regarding Alzheimer Disease Among Dementia Family Caregivers** *AMERICAN JOURNAL OF GERIATRIC PSYCHIATRY*
  Gray, H. L., Jimenez, D. E., Cucciare, M. A., Tong, H., Gallagher-Thompson, D.
  2009; 17 (11): 925-933

- **Low expression of catecholamine-O-methyl-transferase gene in obsessive-compulsive disorder** *JOURNAL OF ANXIETY DISORDERS*
  Wang, Z., Xiao, Z., Inslicht, S. S., Tong, H., Jiang, W., Wang, X., Metzler, T., Marmar, C. R., Jiang, S.
  2009; 23 (5): 660–64

- **Impact of in-home behavioral management versus telephone support to reduce depressive symptoms and perceived stress in Chinese caregivers: Results of a pilot study** *AMERICAN JOURNAL OF GERIATRIC PSYCHIATRY*
  Gallagher-Thompson, D., Gray, H. L., Tang, P. C., Pu, C. Y., Leung, L. Y., Wang, P., Tse, C., Hsu, S., Kwo, E., Tong, H., Long, J., Thompson, L. W.
  2007; 15 (5): 425-434

- **Recruiting Chinese Americans for dementia caregiver intervention research: Suggestions for success** *AMERICAN JOURNAL OF GERIATRIC PSYCHIATRY*
  Gallagher-Thompson, D., Rabinowitz, Y., Tang, P. C., Tse, C., Kwo, E., Hsu, S., Wang, P., Leung, L., Tong, H., Thompson, L. W.
  2006; 14 (8): 676-683

- **The effect of bereavement due to suicide on survivors'depression: A study of Chinese samples** *OMEGA-JOURNAL OF DEATH AND DYING*
  Zhang, J., Tong, H. Q., Zhou, L.
  2005; 51 (3): 217–27

- **Myozenin: An alpha-actinin- and gamma-filamin-binding protein of skeletal muscle Z lines** *PROCEEDINGS OF THE NATIONAL ACADEMY OF SCIENCES OF THE UNITED STATES OF AMERICA*
  Takada, F., Vander Woude, D. L., Tong, H. Q., Thompson, T. G., Watkins, S. C., Kunkel, L. M., Beggs, A. H.
  2001; 98 (4): 1595–1600

- **Mutations in ACTN4, encoding alpha-actinin-4, cause familial focal segmental glomerulosclerosis** *NATURE GENETICS*
  Kaplan, J. M., Kim, S. H., North, K. N., Rennke, H., Correia, L. A., Tong, H. Q., Mathis, B. J., Rodriguez-Perez, J. C., Allen, P. G., Beggs, A. H., Pollak, M. R.
  2000; 24 (3): 251–56

- **Human skeletal muscle-specific alpha-actinin-2 and -3 isoforms form homodimers and heterodimers in vitro and in vivo** *BIOCHEMICAL AND BIOPHYSICAL RESEARCH COMMUNICATIONS*
  Chan, Y. M., Tong, H. Q., Beggs, A. H., Kunkel, L. M.

1998; 248 (1): 134–39